



About this List

Wilderness travel means you must carry much less than you do in the regular world. Most experienced wilderness travelers will tell you that they bring about the same amount of gear on a three-day trip as they would on a three-week trip. Being comfortable on course means minimizing the weight you carry while not leaving anything necessary behind - the information below contains everything you need to strike this balance. Follow the guidelines on the list and you will be set up for success! ***Please bring everything on the list that is not specifically marked "optional."***

This list is designed to create an ideal combination of layers for very dynamic weather conditions. Because of these variable conditions each season, students might not use all of the clothing on this list. Depending on which retailer you purchase from, you may be able to return unused items. We suggest keeping tags on new purchases until worn. Please note you don't need to buy all name-brand clothing. You can shop at thrift stores, second-hand outdoor stores, or online discounted outdoor retailers to satisfy the clothing list. **The main considerations are weight, bulk, and quality.**

LAYERING

There are [three main layers](#) to understand about clothing for wilderness travel. Each layer serves a specific purpose and utilizes specific materials. Below are the layers and terms you will encounter when looking for outdoor gear. They are intended to be built on the previous layer(s), so that all can be worn at the same time if weather demands.

Base (Wicking) Layer

- Purpose: Keeps skin dry and comfortable while active or sleeping by wicking moisture away from skin
- Materials: synthetic (polyester or polypropylene blends), wool, silk

Middle (Insulation) Layer

- Purpose: Retains body heat to protect you from the cold.
- Materials: Fleece, wool, or synthetic (i.e. PrimaLoft, polyester)
- Fleece: This is a synthetic *pile* material which is a great insulator, but it's not windproof. In windy conditions, you'd wear your hard shell over your fleece to combine the wind-resistance and insulation.
- Wool: The natural material that (unlike cotton) keeps you warm when wet. As a bonus, wool is naturally odor- and bacteria-resistant.

Outer (Shell) Layer

- Purpose: Outermost layer that protects from the elements like rain, wind, and snow
- Hard Shell: These materials are waterproof, windproof and breathable. Look for items treated with a durable water repellent (DWR) finish such as Goretex, eVent, or VaporDry and labeled as "waterproof."
- Soft Shell: These are materials that are water- and wind-resistant but not waterproof. They are more breathable than hard shell materials.

A Note About Cotton: Cotton makes for comfortable clothing, but in the wilderness, it can be dangerous. Cotton dries extremely slowly and sucks away heat from the body, which can easily lead to hypothermia.

Synthetic and wool materials will keep you warm even when they are wet. *That is why we ask that most everything you bring is synthetic and nothing be made of cotton unless specifically noted on the packing list.*

Weather Conditions

Weather in the Northwest varies; most often warm, sunny days will be followed by mild nights. In the mountains, the temperature averages in the 50s with potential highs in the 70s and lows around freezing. On the river, highs in the 70s could be followed by intense but short-lived thunderstorms. You never really know what to expect, so come prepared by obtaining all the clothing on our list.

Packing for Your Course & Personal Luggage Storage

At the beginning of course, students will pack as a group. The instructors will call off each item from the gear list and assist you in choosing which items to pack for each section of course. Some items will be used during the entirety of course; others will be set aside in totes or bags and be staged for later parts of course. Any leftover clothing and luggage will be securely stored in our base camp warehouse for the duration of course. If there are items not mentioned on this list that you feel you might need, you can bring it to the start of course and ask the instructors' opinion while packing as a group.

Cell phones and valuables will be collected at the beginning of course, and will be returned at course end. Please have your departure itinerary arranged before course, and bring a copy for reference. We will ask that you power-down cell phones before they are collected since your next opportunity to charge them will be at the airport on your way home. Please bring a power cord to use at that time. Students under 18 are encouraged to text or call their parents as soon as they get service on departure day.

Gear List of Personal Items

Head			
Number	Item	Description	Estimated price
1-2	Warm hat	"Stocking cap," wool or synthetic	\$10 – \$30
1-2	Sun hat	Wide-brim is best, baseball hat ok.	\$10 – \$20
1	Sunglasses w/ keeper strap	100% UVA / UVB blocking. A keeper strap (such as Croakies brand) is necessary to keep your sunglasses from falling off.	\$25+
1-2	Balaclava/Buff/Neck Gaiter	To cover the face in harsh weather. We highly recommend the "Buff" since it can be used in warm weather to block the sun.	\$25+
1	Glacier Glasses w/ keeper strap	100% UVA / UVB blocking. Full coverage sunglasses with flaps or thick sides required (very little light should be able to get in around the sides). Non-technical sunglasses are not appropriate for this course. A keeper strap (such as Croakies brand) is necessary to keep your sunglasses from falling off. Example: Julbo Sherpa Glacier Glasses	\$25+
Hands			
Number	Item	Description	Estimated price



1-2	Fleece or soft-shell gloves	Mid-weight synthetic fleece or soft-shell material. Wind-resistant material is preferred	\$30 – \$80
1	Waterproof Glove	Sometimes called “ski gloves”. Heavy-duty gloves that have a waterproof/windproof shell and synthetic insulation. Ideally, the liner can be removed from the outer shell for drying. Example: Outdoor Research Meteor Mitts	\$30 – \$80
Optional	Neoprene Paddling Gloves	<i>Optional.</i> Keep your hands warm in cold & wet conditions	\$25
Feet (see included shoe guide for more specifications on shoes and boots)			
Number	Item	Description	Estimated price
4-5	Liner Socks	Synthetic, very light weight, designed to be worn under hiking socks to prevent blisters	\$5 – \$10
4-6	Hiking Socks	Mid-weight, crew height synthetic or wool	\$10 – \$20
2-3	Cotton socks	Cotton ok – for hiking and climbing at Smith Rock and trip home	\$5 – \$10
1	Mountaineering Boots	Mountaineering boots. See boot guide for details. These must be crampon compatible with semi-automatic/hybrid crampons. This means that the boots need a heel welt (but not a toe welt) for attaching to the crampon. Please call your course advisor with any questions.	\$125-400
1	Running Shoes or Approach Shoes	Lightweight running, hiking, or "approach" shoes. Good tread is nice for hiking on gravel and dirt trails.	\$0 – \$100
1	Sea Kayak Shoes	Salt water, rocky beaches, and shoes with straps create blisters. We highly recommend above-ankle neoprene booties with rubber soles (often sold as surfing booties). An old pair of running shoes (in addition to your dry “camp shoes” below) also works well. Crocs (with heel strap) are appropriate, see below. Strap-based water shoes, such as Keens or Salomon Amphibians are not recommended because they tend to cause blisters.	\$25-\$100
1	Rock Climbing Shoes	<i>Optional.</i> NWOBS can provide climbing shoes if you do not want to purchase your own. Shoes should fit snugly; they may be slightly uncomfortable, but they shouldn't be painful. Please be sure to have a sales person or someone with extensive experience and/or knowledge help you find your shoes.	\$40 - \$100
1	Crocs	<i>Highly Recommended. Optional. In addition to working as your water shoes, Crocs are nice for airing out feet at camp and for keeping boots and camp shoes dry during river crossings in the mountains.</i>	\$20-30
Upper Body			
Number	Item	Description	Estimated price
5	Sports Bra	Synthetic with adequate support	\$20



4-5	T-Shirt	Lightweight synthetic. Two can be cotton/	\$10 – \$30
1	Sun Hoody	Layer made specifically for sun protection that is also great for hiking in. Example: Outdoor Research Echo Hoody	\$40-60
1	Rash Guard	Optional. Long sleeve.	
2-3	Long-sleeved top	Lightweight synthetic or wool. Used as a base layer. Will be used as a paddling shirt as well.	\$20 – \$30
1	Long-sleeved fleece/wool pullover	Fleece or light wool pullover. Thicker than long underwear. Also called expedition-weight base layer. Zip-t neck recommended. 100-weight fleece ok. Example: Patagonia Capilene Thermal Weight, Outdoor Research Alpine Onset	\$25-75+
1	Synthetic insulated jacket	Synthetic insulated: mid-weight to heavy-weight synthetic fill. A hood is recommended. Examples: Outdoor Research Cathode; North Face Ventrix; Patagonia Nano Puff, RAB Xenon X	\$100 – \$200
1	Raincoat with hood	Often referred to as “hard shell.” Must be 100% waterproof (rather than only water-resistant). Waterproof/breathable fabrics are highly recommended. A hood is required.	\$125 +
1	Heavy-weight insulated jacket: down or synthetic	Heavyweight down or synthetic insulated jacket. A hood is required. 700-fill (down) or 100-150g (synthetic). Examples: Outdoor Research Illuminate Down Hoody, Black Diamond Access Down Hoody, Black Diamond Stance Belay Parka	\$150+
Lower Body			
Number	Item	Description	Estimated price
6	Underwear	Synthetic. Flat-stitched seams are recommended to reduce chafing. <i>Optional:</i> Bring an additional 1-2 pairs of cotton underwear to sleep in.	\$15 – \$20
2-3	Long Underwear Bottom	Lightweight synthetic (insulated leggings are okay as long as they are full length)	\$20 – \$30
1	Fleece Pants	Mid-weight fleece	\$30 – \$75
2-3	Hiking Shorts	Synthetic. Comfortable to walk in (test for chafing on thigh or groin areas)	\$20 – \$30
1	River Shorts/leggings	Board Shorts, Swim Trunks, or Basketball style shorts (great for reducing chafing on boat material); for all genders. <i>Optional:</i> synthetic leggings to wear under shorts; great for sun protection.	\$20
2-3	Hiking/Climbing Pants	Synthetic or softshell	\$40 - \$75
1	Rain pants	Often referred to as “hard shell.” Must be 100% waterproof (rather than just water-resistant). Waterproof/breathable fabrics are highly recommended. Full side-zips are highly recommended.	\$30-100



Accessories			
Number	Item	Description	Estimated price
1	Head Lamp	LED-style only. No halogen bulbs. Bring 1 set of batteries per week on course	\$30
5	EXTRA sets of batteries	For your headlamp. One set for every week you will be attending.	\$5
3-4	Bandanas	Cotton Bandana	\$5
1	Watch w/ Alarm	Waterproof and inexpensive	\$10 – \$30
2	32 oz. Water Bottles	Wide mouth and durable. DO NOT BRING DISPOSABLE WATER BOTTLES. Nalgene, Sigg, and Kleen Kanteen are great brands. <i>You may bring a hydration system such as Camelbak or Platypus in addition to 2 water bottles. Screw tops only - no flip-tops or straws.</i>	\$5 – \$ 20
3	Face Mask	Please bring at least 2 masks for use on course and 1 for post-course. Must cover nose and mouth, and be secured either around the back of the head or behind the ears. These masks will be worn at different times throughout the course to mitigate the spread of communicable diseases. This is a required item. Please talk with your Course Advisor if you have any questions.	\$15
1	Camera	<i>Optional.</i> Do not bring anything larger than a small point-and-shoot. A shared “course camera” will also be provided.	n/a
1	Journal/Field Note Book/Pens	<i>Optional:</i> Durable notebook for the field.	n/a
5-10	Stamped envelopes	<i>Optional.</i> If you wish to send letters from course	n/a
1	Sarong	<i>Optional.</i> A large cotton sarong is useful for changing in/out of your wet clothes on the river.	\$5
1	Bug Head Net	Netting worn over the head to keep the bugs away. (Spring & Summer courses only)	\$10
Toiletries			
number	Item	Description	Estimated price
n/a	Prescription Eyewear	Contacts, solution and glasses. Be certain to have a backup to your primary eyewear (if you wear contacts, you must bring glasses)	n/a
n/a	Prescription Medications	MUST be declared during medical screening process. Students will not be allowed on course with undisclosed prescription medication. All prescription medications must be in their original containers. No loose medications please!	n/a
1	Menstruation Supplies	An ample supply. Changes in diet, schedule and exercise can unexpectedly induce menstruation on course	n/a



3	Toothbrush & Toothpaste	Travel-sized toothpaste	\$3
2-3	Lip Balm	SPF 20+	\$3
4	Sunscreen	Small tube 3-4 oz, water/sweat-resistant, SPF 30+; no aerosol	\$5
2	Hand sanitizer	Alcohol based, 60%+ alcohol, 8oz	\$3
1	Shower Supplies	Small sizes for base days and travel	n/a
1	Small towel	A small towel for bathing	n/a
1	Bug Repellant	<i>Optional:</i> Smallest available; no aerosol	3
2-3	Baby wipes	<i>Optional.</i> Smallest available.	
1	Lotion	<i>Optional.</i> Small bottle, unscented.	
1	Chafing Balm	<i>Optional</i> for those who chafe. A small tube or stick is preferable to a large heavy one.	

***If you would like to purchase the **NW Outward Bound Toiletry Kit**, choose the Toiletry Kit option when paying online or contact your Course Advisor. The kit includes travel-size toothpaste & toothbrush, hand sanitizer, bug repellent, lip balm and sunscreen.

WFA / Practicum Items

Number	Item	Description	Estimated Price
5-7	Street Clothes	Cotton is OK here! Clothes to wear indoors during WFA classes and outdoors during simulations if the weather is nice. Bring clothes that you are willing to get dirty. For fall course, bring a few more warm layers of street clothes.	n/a
1	Notebook, Pens, Highlighters	For taking notes during the WFA. A few different color pens can be helpful.	n/a
1	Chacos or Tevas	Optional. Nice to let your feet air out between course sections and during the WFA. Must have a heel strap.	\$50 -100
2	Cutable short-sleeved t-shirts	These will be completely destroyed during the WFA. Find cheap options at a Goodwill or thrift store.	Less than \$10
2	Cutable long pants	These will be completely destroyed during the WFA. Find cheap options at a Goodwill or thrift store.	Less than \$10
1	Additional Toiletries	A small bath towel for showers and any toiletries that you would like during the WFR section such as deodorant, shampoo, moisturizer, baby powder, etc	n/a

Miscellaneous Items

Number	Item	Description	Estimated price
1	Travel Documents	Copies of your travel itinerary, e-ticket, etc. Copies of NW Outward Bound School's contact phone numbers in case of a travel delay	n/a



1	Travel Money	Reasons to bring cash: Airport snacks, checked luggage, memorabilia from the Outward Bound Student Store (hats, mugs, hoodies, etc.). At course end, students are required to pay for lost or damaged gear due to neglect or abuse.	\$50-\$100
n/a	Coffee and coffee-making device	Optional. Coffee is provided during the WFR only. If you would like coffee on the other sections, you will need to bring it for yourself. Examples: instant coffee packets; ground coffee and a small strainer (like the MSR Coffee Mate). This cannot be bulky. Hot water will be provided.	
1	Lightweight Mug with Lid	Optional. These are provided by Outward Bound. If you already have your own, however, we invite you to bring it.	
n/a	Supplemental snacks	Optional. Snacks and all food are provided. If you would like supplemental snacks, please bring in small, light quantities packaged in ziplock for 3 or 4 different sections of course. Should not be too bulky or heavy. There may be opportunities to restock these throughout course.	
1	Camping Chair	Optional. Light-weight camping chair. See REI and/or "Crazy Creek." Weight is apx. 1lb. 10-oz.	\$0 - \$10

Weather conditions:

Weather Conditions: Weather in the Northwest varies; most often warm, sunny days will be followed by mild/cold nights. Snow in July is not uncommon, and while the lower mountain can have temperatures in the 70s, we'll climb the upper mountain early in the morning and may experience sub-freezing temperatures and potentially moderate to strong winds. On the river, highs in the 70s could be followed by intense but short-lived thunderstorms. High quality equipment goes a long way towards staying comfortable and safe! You never really know what to expect, so come prepared by obtaining all the clothing on our list.

Gear List of Items Provided by Outward Bound

Outward Bound provides all necessary technical equipment including helmets, ice axes, ropes, wetsuits, dry suits, etc. We also provide a full sleeping system including a sleeping bag, sleeping bag liner, closed-cell foam sleeping pad, and ground sheet. Outward Bound provides backpacks, shelters, cooking equipment, and any soap or shampoo necessary for post-course clean-up before departure.

If you DO wish to bring your own backpack or sleeping system, here are our minimum standards for what MAY be acceptable for these items:

- **Backpacks** – need to have a minimum capacity of 80 liters, should carry 45-60 lbs. comfortably and be an internal frame design
- **Sleeping bags** – need to be made from synthetic materials (down fill is not appropriate for our purposes) and have a 0 degree warmth rating
- **Sleeping pads** – can be ¾ to full size in length. Can be made of closed-cell foam (Ridge-Rest or Z-Rest) or be inflatable (Therma-Rest). If you bring an inflatable pad you must bring a patch kit as well.

If you bring your own equipment, your instructors will inspect it during course start. If it does not meet our standards you can store it in a secure location at our base camp during your course.

FOOTWEAR: WHAT KIND OF FOOTWEAR DO YOU NEED?

<p>Mountaineering Boots</p> 	<p>Mountaineering boots are relatively stiff and fully waterproof (leather boots will need to be made waterproof with snowseal or a similar waterproofing product). They need to be crampon compatible. This means that the boot needs a heel welt, but not a toe welt for attaching to a crampon. Through the use of state-of-the-art materials, it is now possible to purchase a boot that is at once relatively lightweight, comfortable, supportive, and weatherproof and requires only a moderate break-in period. Boots must be either full-grained leather or have a full waterproof-breathable Gore-Tex liner. These boots are designed for carrying a heavy pack off-trail in difficult conditions.</p>	<p>Examples include:</p> <ul style="list-style-type: none"> ● La Sportiva Karakorum ● La Sportiva Glacier WLF ● Scarpa Charmoz GTX ● La Sportiva Trango Cube GTX ● Scarpa Zodiac Tech GTX
<p>River Shoes</p> 	<p>River Shoes – These are favored over sandals because of their full-foot protection and amphibious nature. Their mesh materials allow rapid drying and their sticky tread offers stability from slippery terrain.</p> <p>OR Old athletic shoes – Can be used as long as they are meshy and breathable (waterlogged shoes cause foot problems)</p>	<p>Examples Include:</p> <ul style="list-style-type: none"> ● Astral Brewer ● Astral Rassler ● Astral Loyak ● Chaco Outcross ● Salomon Techamphibian 3
<p>Rock Climbing Shoes</p> 	<p>Taken from the Mad Rock website: http://www.madrockclimbing.com/support/ - <i>Of all the gear you are likely to purchase as a rock climber, your first pair of shoes will give you the single biggest and immediate leap in ability.</i></p> <p>Shoes should fit VERY snugly and be uncomfortable. Please be sure to have a sales person or someone with extensive experience and/or knowledge help you find your shoes.</p> <p>Here is a good rule of thumb (from the Mad Rock Website):</p> <ul style="list-style-type: none"> ● Comfortable is too large ● Painful is too small ● Uncomfortable is perfect 	<p>Examples Include:</p> <ul style="list-style-type: none"> ● Mad Rock Drifter ● Mad Rock Phoenix ● Five Ten Stonelands ● Five Ten Spire

About Boots

There is no single piece of equipment that will make a bigger difference in keeping you comfortable on course than boots. The single-most important factor in choosing a boot is the fit. They won't feel like your old, broken-in running shoes or your flip-flops, but they should be comfortable! Here are some general things to keep in mind:

- Do not buy hunting, jungle or work boots – they simply won't stand up to the rigors of course. Purchase only boots specifically designed for backpacking or mountaineering (depending on your course)
- Try to buy your boots from a store that specializes in outdoor sports, and find a knowledgeable salesperson to help you with your decision
- If you have any questions, or want to know if a boot not listed here is appropriate, please contact your course advisor

Finding the Right Fit

A quality store that sells mountaineering or backpacking gear is the best place to start. Try on a variety of boots from various manufacturers – each company's boots fit differently. Some advice:

- Wear the sock system (liner socks + hiking socks) that you intend to wear on course
- Try boots on later in the day, as your feet tend to be largest at that time
- When trying on boots, make sure to walk around a lot – uphill, downhill, on edges
- Your boots should fit comfortably, but not be so big that your feet are swimming and not so small that your toes slam into the front of the boot when walking downhill
- If your boots do not have a waterproof liner, make certain to purchase waterproofing and treat your boots before you come to course
- Consider purchasing an aftermarket insole, such as Superfeet. These may help with boot comfort and support, depending on your individual foot
- Once you've purchased your boots, wear them! Taking the time to break them in before course is **critical** to your comfort and success on course

Remember you can always contact your Course Advisor with any questions! We want to help set you up for the most successful experience possible.